

Flight Jacket

Vol. 3, No. 10

Marine Corps Air Station Miramar

March 16, 2001

Marine Corps poolee aids Santana shooting victim

By Sgt. Steven Williams

Marketing and Public Affairs, RS San Diego

SANTEE — Recruiting Station San Diego poolee Michael Ashworth ran into the line of fire March 5, to help a wounded friend escape terror during the Santana High School shooting in Santee, which killed two students and wounded 13 others.

Before the shooting, Ashworth and his friends were hanging out next to the same bathroom they've met at between classes all school year. Suddenly, Ashworth heard a popping noise in the bathroom and thought it was a fellow student playing a prank. But when 15-year-old freshman Charles Andrew Williams emerged and started firing a .22 caliber pistol into a crowd of students, Ashworth knew it wasn't a joke.

"I couldn't believe it was happening," the 17-year-old poolee said. "It sounded like a cap gun and he was firing right at us. I could see the smoke coming from the gun."

For a few seconds, Ashworth and his friends stared in disbelief. The group finally fled for cover after one of them was struck by a bullet.

"We took off running, but I looked back and saw my friend laying on the ground," said Ashworth.

With rounds still whizzing in their direction, Ashworth and two other friends raced back to help their friend. When they reached him, the young gunman ran back into the

restroom to reload his weapon. This gave the boys just enough time to get their injured classmate to his feet. They had started to flee the area when one of Ashworth's rescue partners took a bullet in the leg as the shooter reappeared from the bathroom fully reloaded.

Ashworth quickly grabbed his cell phone and dialed 911.

"I told them there was a shooting at the school and I described the shooter," he said, recalling the phone call.

His next phone call was to his mom.

"I said 'Yeah, there's been a shooting at

Santana'," Ashworth said, describing his tone as calm, relaxed, and still in disbelief of what was happening.

While other parents and students were scattered in nearby parking lots for hours trying to reunite, Ashworth was able to put his mother's mind at ease with the same cell phone she used to consider just another expensive toy. "I will never complain about the cell phone bill again," said Suzy Ashworth.

It wasn't until a church service that evening at Pathways Community Church in Santee that the weight of the event finally dropped on Ashworth; two students, one he had known since elementary school, and the other, just 14 years old, are dead.

"We were talking about what happened," he said. "That's when we all broke down and cried."

March 7, Ashworth returned to school with the rest of his classmates, including his two injured friends, following a day of memorials and mourning. Still, the sorrow is far from over.

"I was hugging people I didn't even know or hadn't seen for years," he said. "I will approach life a lot differently now. I will live every day to its fullest."

Ashworth will start basic training at Marine Corps Recruit Depot San Diego Nov. 27. His dad, Kevin, a former Marine sergeant, said he feels his son has already proven he has what it takes to be a Marine.



A lone bugler, Cpl. Shane M. Thomas, Marine Corps Recruit Depot San Diego Band, plays "Taps" at a colors ceremony in honor of Santana High School and the Santee community. The color guard was provided by Headquarters and Headquarters Squadron, MCAS Miramar. Photo by Sgt. Steven Williams

Aircraft Rescue & Firefighting wins top award

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Marine Corps Air Station Miramar's Aircraft, Rescue Firefighting unit was recently awarded the Ogden Award by the Navy Fire Protection Association. Maj. Gen. William G. Bowdon, Commander Marine Corps Air Bases Western Area, guest speaker for the event accepted the award. He was accompanied by Chief Warrant Officer 4 Julio C. Lopez, officer-in-charge, ARFF, Master Sgt. Glenn G. Edwards and ARFF Marines traveled to Indianapolis to accept the award.

The Ogden, presented to insure recognition and to reward units whose efforts

have maintained the highest standard of excellence resulting in the savings of life, property and equipment, is presented to the top firefighters worldwide.

The air station crash crew is manned by 85 Marines who are supported, when necessary, by Miramar's Fire Department.

"Winning this award shows that all the hard work pays off," said Cpl. Russell L. Morrison, ARFF crewman. "Everyone contributed and it showed."

The Ogden competitors are judged on a variety of categories, not just limited to firefighting skills.

The ARFF Marines won first their category, then the overall award, shutting out last year's winner and their counterparts, the Miramar Fire Department.

"Ultimately, the deciding factor was training and support to the community," said Lopez. "We are one of the few air stations that truly offer structural and wild land fire support within the community"

"All year round our training is multi-faceted, to meet not only our primary mission (the airfield) but also the secondary which supports base firefighters and the community," said Lopez.

Though the youngest in the Marine Corps, MCAS Miramar's ARFF supports the largest aircraft wing in the Marine Corps, 3d Marine Aircraft Wing. The high volume of air traffic and support for the community makes it necessary for the crew to constantly augment their rigorous training and support programs.

"A unique program we have is the EMT (emergency medical technician) ride-along program," said Lopez. "We send our ARFF Marines to support base medical in running the acute care department and air station emergency services."

"Our firefighters shoulder a great responsibility knowing they have only seconds to accomplish life saving tasks," said Lopez, with pride. "Our motto 'Semper Vigilans', means Always Vigilant, and saving lives depends on that vigilance."

"We may be the busiest air station around, in supporting over 110,000 aircraft sorties last year alone," said Lopez. "Every time our Marines met and excelled the challenges and lived up to that motto."

"We are one of the few air stations that truly offer structural and wild land fire support within the community."

CWO-4 Julio C. Lopez
ARFF OIC

Brief offers strategies to avoid dangerous nutritional supplements

By Cpl. Rob Henderson

CPAO, MCAS Miramar

March is both National Women's History month and Marine Corps Nutrition and Supplements Awareness month.

In an effort to dispel the common myths surrounding nutritional supplements, Semper Fit held a two-part brief in the base theater here March 7.

The first brief, "Nutrition for Performance," was an overview of nutritional strategies that boost an individual's performance abilities. Julia A. Carlson, a fitness coordinator with Marine Corps Community Services here, gave the brief.

"Heart disease is a major concern in the United States, and it is irreversible. Everyone should be trying to prevent heart disease throughout their lives by eating well and exercising," said Carlson.

The best way to prevent heart disease and avoid unnecessary body fat is to watch your serving sizes, according to Carlson. All store-bought foods carry a nutritional label that shows how many servings are

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Green Knights come home from Japan

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

The grass is greener on this side of the Pacific Ocean. At least for the "Green Knights" of Marine All Weather Fighter Attack Squadron 121, who returned home March 9 from Iwakuni, Japan.

After six months of being separated from loved ones, the reunion was sweeter than most according to Vickie L. Kinner, wife of Sgt. Nicholas A. Kinner, Marine Aviation Logistics Squadron 11, Ground Support Equipment. VMFA (AW)-121 Marines previously deployed for three months from March to June 2000. The squadron left again

for this deployment in September 2000. Some Marines of the "Green Knights" have been away from their families for nine out of the last 12 months starting with the March 2000 deploy-

ment.

"The deployment was a time of growing up and learning how to take care of myself and our nine month old daughter. I learned that I could become self-

reliant and take on some challenges I thought would be overwhelming," said Sara Arrellin, wife of Sgt. Michael B. Arrellin, VMFA (AW)-121 Quality Assurance.

For families with newborns prior to the deployment, it is now a time to get to reacquainted. The Marines of VMFA (AW)-121 and their families finally have the chance to celebrate many of the holidays and family occasions they missed.

Though for most Marines of VMFA (AW)-121 and their families this was their second time being apart, for a few this marked either the third or fourth



Stacey L. Surina gives her husband, Sgt. Jeffrey M. Surina, VMFA (AW)-121 imagery interpretation specialist, a warm kiss upon his arrival. Photo by Cpl. C.A. Eriksen

See 121 Home, page 11

Miramar salutes Women's History Month

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Marine Corps Air Station Miramar saluted women's contributions to our armed services and history in a special color guard ceremony in front of 3d Marine Aircraft Wing Headquarters, March 9.

Brigadier General (Sel.) George J. Trautman addressed Marines and other attendees, offering them the opportunity to "reflect on and recognize the women who have volunteered, served, and sacrificed in the service of our great nation."

Among those present was retired Sgt. Maj. Betty Noble who enlisted in the Corps during World War II on June 5, 1943.

"It just reminds me of old times," said Noble, when asked what it was like to attend the ceremony today. "I still get that big thrill when I hear the Marines' Hymn."

Noble, who retired from the Corps in 1968, was the first sergeant major to retire from Parris Island and the first Woman Marine sergeant major to retire as a reviewing officer at a Depot Parade.

"I really enjoyed my time in the Corps," said Noble. "Young Marines should know

that they need to retain that camaraderie ... the friends you make and the memories will be your most precious."

The crowd seemed to enjoy the celebration, as the band played a lively rendition of the Star Trek Voyager theme.

Quoting President Lyndon B. Johnson, Capt. Carolyn D. Bird, 3d MAW Adjutant and master of ceremonies said "our armed forces literally could not operate effectively or efficiently without our women ... "Through sacrifice and hard work, women

have helped to make this nation what it is today and will continue to do so in the future," said Bird.

Also present at the ceremony was Lillian Cross, President, Woman Marine Association, Chapter 7. Cross enlisted in the Marine Corps in 1967 during the Vietnam War.

When asked what advice should be given to women in today's Marine Corps, Noble smiled and said, "You'll never be a good

See History, page 11



Retired Sgt. Maj. Betty Noble and other audience members laugh as Col. George J. Trautman says lightheartedly, "Chicks rule" at the 3d MAW Color Ceremony in honor of Women's History Month. Photo by Sgt. A.C. Strong

Inspection ready

Michelle Frost, commissary store director here, gives the Defense Commissary Agency Best Commissary Inspection Team a tour of the commissary Monday. Maj. Gen. William G. Bowdon and Sgt. Maj. Ira J. Lott were there to show their support of their commissary and also to welcome the evaluation team from Fort Lee, Va. Numerous Marines were on hand to cheer on their commissary with pom-poms, balloons and signs that read, "We love our commissary." The commissary was one of six nominated in the best large commissary category. Miramar has the 8th largest DECA Commissary in the U.S. bringing in more than \$4.5 million in consumer spending a year. This is the first time Miramar has ever been nominated. Frost says it's a very tough job overseeing a commissary of this size, but knowing that the commissary serves such a large community keeps her working that much harder.

Photo by Cpl. Mike Camacho



Flight Jacket



Maj. Gen. Charles F. Bolden Jr.
Commanding General

3d Marine Aircraft Wing

Maj. Gen. William G. Bowdon
Commander

Marine Corps Air Bases Western Area

Maj. T.V. Johnson
Director, Public Affairs Office

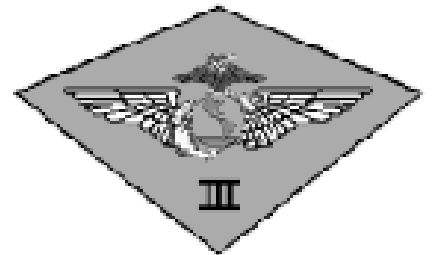
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DoD task force seeks better domestic violence response

By Linda D. Kozaryn

American Forces Press Service

WASHINGTON – The Department of Defense Task Force on Domestic Violence says the military must make it clear domestic violence often involves criminal behavior and challenge commanders to intensify efforts to prevent it. The panel's members agree that message must come from "the top," so they're asking the Defense Department's senior civilian leader to put out the word.

"An unequivocal statement from you will send a powerful signal throughout the department. It will make clear that this matter must be addressed decisively, judiciously and unwaveringly," task force co-chairs Lt. Gen. Jack W. Klump and Deborah D. Tucker wrote in a letter to Defense Secretary Donald H. Rumsfeld.

In a report sent to the secretary Feb. 28 and presented to staffers of the House and Senate armed services committees on March 9, the task force outlined its initial findings.

The report also contains 59 recommendations to improve DoD's response to domestic violence, ranging from increasing military police training to enhancing victim safety.

The panel labeled the first of its 59 ideas – the zero-tolerance memo – "The Mother of All Recommendations." It asks the secretary to sign a proposed memorandum stating that domestic violence is a pervasive problem within society that transcends all ethnic, racial, gender and socioeconomic boundaries, and it will not be tolerated in the Department of Defense.

Rumsfeld has 90 days to review, comment and forward the report to Congress.

Overall, the task force report calls on the Defense Department to address domestic violence as it has other social problems that can adversely affect national security. Panel members noted that DoD has worked effectively, for example, to eliminate racial and gender discrimination by establishing equal opportunity policies.

Defense Department's "zero tolerance" policies have significantly reduced alcohol and drug abuse. A similar policy would help prevent domestic violence, the congressionally mandated panel said.

The proposed Rumsfeld policy memo, Lt. Gen. Klump, Marine Corps deputy commandant for manpower and reserve affairs, told American Forces Information Service reporters, would set the command atmosphere the general considers "key to resolving almost every issue in the military."

If signed, Rumsfeld's memo would form a rock-solid foundation for the panel's recommendations, said Tucker, Lt. Gen. Klump's civilian counterpart. During a telephone interview from her office in Austin, Texas, she said the memo would stress the "importance the secretary attaches to ferreting out appropriate ways to intervene and prevent domestic violence."

In the civilian community, she noted, the president and Congress declared their commitment to preventing domestic violence when they passed the 1994 Violence Against Women Act. Asking the secretary for a similar declaration, she said, "felt very comfortable to all of us as an appropriate, major step to take, particularly at this early stage in our effort."

The panel wants to raise awareness and increase the Military's focus on domestic violence immediately, she said, rather than waiting until the end of the review. "We don't want everybody twiddling his or her thumbs for three years."

Both Lt. Gen. Klump and Tucker said military officials at the four bases visited did not hesitate to admit domestic violence is a problem within the services, just as it is in the civilian community.

"It was really heartening to see that folks weren't holding us at arm's length or trying to put up a wall between them and us," said Lt. Gen. Klump. "They were very open. Everybody was more than willing to point out where they thought there were weaknesses in how they were dealing with the issue."

Tucker, head of the National Training Center on Domestic and Sexual Violence, said she found "more cooperation than defensiveness" during the base visits. She said her experiences in civilian communities had led her to expect more opposition.

"From time to time, I've encountered people who are very defensive and closed and afraid that you're there to identify everything they're doing wrong, she remarked. "I expected a tad more of that than we saw this first year."

Tucker, who's fought domestic violence in the civilian community for 25 years, admitted she was surprised at "the depth and breadth" of the military's efforts to deal with domestic violence.

"I didn't realize there was quite as much in place as there truly is," she said. "That isn't to say that it's all working, but there's a sincere desire to try to get it right."

Asked how domestic violence within the military compares to the civilian world, Tucker said she's still studying the issue. She's not convinced, for instance, that the military has more violent offenders than the civilian community, as some people have alleged.

"I think the difference might be that when the military knows about abusive behavior, intervention at even relatively low levels of abuse tends to be much more swift and complete," she speculated.

About 69 percent of the 12,043 substantiated reports of domestic violence recorded by DoD in fiscal 1999 involved mild abuse, according to DoD officials. About 24 percent involved moderate abuse; six percent, severe abuse; and one percent, unknown.

Under its three-year charter in the fiscal 2000 Defense Authorization Act, the task force began studying domestic violence in April 2000. The group visited Fort Bragg and Camp Lejeune in North Carolina, and Langley Air Force Base and Naval Station Norfolk in Virginia. Further visits are slated to European Command in May and Pacific Command in September.

The task force found few military personnel are prosecuted or administratively sanctioned on charges stemming from domestic violence. It said military police generally are not trained to properly investigate and document domestic violence. Many MPs felt the bulk of what they had received was only on-the-job training, panelists reported.

The panel also found an across-the-board lack of awareness of the 1996 Lautenberg Amendment and its ramifications on mili-

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Learning Marine Lingo

By Michelle Osborn

LINKS, MCAS Miramar

Marines may come in many different sizes, shapes, ages and backgrounds but ask any Marine and they will tell you that they come in only one color – Green. And being green, they utilize and enjoy a language that is uniquely their own.

It is a language full of acronyms, abbreviations and military terms that many Marines learn at the start of their career and use everyday. It is familiar to the Marine culture but it usually sounds like Greek to a new spouse.

One way for spouses to be supportive of his or her Marine's commitment to the Marine Corps is to understand and recognize some of that "green" language.

Would you know what to look for if your Marine said that you have an Irish pennant on your blouse? Did you know that the Chevy you drive is also a POV? What does it mean when your Marine says he or she is going TAD or on a FOD walk or needs to gather up 782 gear? Why do you go to TMO in order to PCS? What are decks, heads and covers? And who the heck is Chesty Puller?

A history of the Marine Corps, its traditions, customs and language is just one of seven very important, spouse-related topics that are presented and discussed at a Lifestyle Insights, Networking, Knowledge and Skills session. It is a unique mentoring program that is designed to introduce spouses

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ATTENTION COMMANDERS

The Flight Jacket can help give you a wider audience than your squadron formation. The Flight Jacket staff encourages commanders, officers-in-charge, chaplains, senior enlisted leaders or anyone with a command message to submit commentaries, photographs or other content. Story submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail to ombpaoflight@miramar.usmc.mil.

Ad Space

Mir **Remarks**

How do you feel about the proposed zero tolerance policy regarding domestic violence?



"It's venturing into a touchy area. It's more of a moral issue."

Cpl. Jonathan R. Griggs
H&HS
ARFF crew chief



"I do agree with it, basically nobody, male or female, has the right to forcefully, physically or emotionally dominate another human being."

Staff Sgt. Amy L. Moore
MAG-11
New join SNCOIC



"I think they should be cautious using zero defect mentality due to burden of proof. If there is proof, then yes, it should be zero tolerance"

Capt. William R. Sutherland Jr.
HMM-163
ordnance officer

Everyone should feel safe at home

By Cpl. Rob Henderson

Commentary

The dining room table at my house was always a place of refuge from the storms that were my childhood life in Texas. That pine slab, with its finish marred by the scratches of thousands of meals, represented the ties that bound our family together. At that table I learned the importance of aerodynamics to a Pinewood Derby car. It was there my mother coached me through long division, and my sister and brother competed with me for the "best Easter egg" award. That table meant security in an insecure world.

I was fortunate. When I grew up, my family understood the value of the dining room table as a meeting place for our five members. I believe that families who do not know that value are susceptible to outbreaks of domestic violence. I learned three valuable lessons from the time I spent around the table with my family.

Open lines of communication affect family cohesion. The dining room table is as fa-

miliar to every member of the family as the couch, the beds, or the bathtub. Every meal presents the opportunity to open the lines of communication within a family. Lack of communication within a family can lead to excessive frustration, irrational behavior, and regretful actions. The dinner table affords each member a chance to share his or her feelings and experiences. Just by eating a meal with my family at that table, I learned the values of camaraderie, clear communication, and sharing.

The family that plays together stays together. At least once a month, my family would gather for "family game night." A lot of memories were made on those Friday nights, but more importantly, a lot of bonding took place. At that same table where we ate and shared our experiences with each other, we also learned the values of good sportsmanship, anger management, and competition.

The family figurehead leads from the front. In my family, it was my dad who sat in the chair at the head of the table. Keeping in mind that a family is like a body, there

must be a head that makes the important decision after considering what course of action is best for the body. Conversely, no one part of the body is more important than the other. The head of the table must be respected, but that respect must be earned. By watching my dad fulfill his role of sitting at the head of our table, I learned the values of respecting authority, responsible leadership, and loyalty.

Domestic violence is any act that makes another member of your household feel insecure. Verbal abuse, emotional abuse, and physical abuse are all equally weighted forms of domestic violence. At some point in every person's life, he or she will be part of a family. It is important for each family member to shoulder his or her responsibility to ensure the safety of the other family members. No one should feel insecure at home.

Every night, the opportunity to strengthen your family ties presents itself. You have to eat anyway. Use your dinner table to get to know your family. It might be the healthiest decision for your entire family.

Women servicemembers fought for right to fight

By Sgt. Andrew D. Pomykal

CPAO, MCB Camp LeJeune, N.C.

CAMP LEJEUNE, N.C. — Although many believe that women service members traditionally have been used in mostly administrative billets, nothing could be further from the truth. Women have been serving this nation for years in some very dangerous positions.

In 1948, the doors finally opened for women to officially join the active ranks of the U.S. Armed Forces. Before then, they served in unofficial capacities or in the Reserves.

To date, there are almost 2 million female American veterans. From the American Revolution to Panama, Bosnia, and Kosovo, women have served in some way in every conflict this country has faced.

More than 33,000 women served in World War I and almost 500,000 took part in World War II. During the Korean era, 120,000 women were in uniform and 7,000 were deployed during the Vietnam conflict.

During Operation Desert Storm, 7 percent of the total U.S. forces deployed were women — more than 50,000 personnel.

Throughout history, one of the many ways women aided their country was by spying on enemies abroad and at home.

In the early days of the American Revolution, many Philadelphian women passed key information along to Gen. George Washington at Valley Forge.

Ann Trotter Bailey carried messages across enemy territory in 1774, and Sarah Bradlee Fulton, also known as the "Mother of the Boston Tea Party," delivered dispatches too.

Emily George rode 50 miles through British territory to deliver a message to Gen. Thomas Sumter during the U.S. War of In-

dependence.

As early as 1811, Navy surgeons recommended that nurses be included among personnel at Navy Hospitals. United States ships' logs reflect women serving aboard as nurses the next year.

Nancy Hart served as a Confederate scout, guide and spy during the Civil War. Her mission was to carry messages between the southern Armies. She also visited isolated federal outposts. Acting as a peddler, she reported strength, population, and vulnerabilities to Gen. Andrew Jackson.

When Hart was 20, the Yankees captured her. During her incarceration, she gained the trust of one of her guards, took his weapon, shot him and escaped.

Confederate Gen. J. E. B. Stuart employed female spies knowing the Yankees would not execute women.

During World War II, the motto, "Free a man to fight," spurred women to drop their dish rags, pick up tools and help produce commodities needed for war. Thousands worked in factories building airplanes and tanks, while others sewed uniforms for front-line troops.

Though women did not officially begin serving this country until June 12, 1948, women have been serving on both sides of enemy lines for as long as there have been conflicts. They have selflessly served their country's cause and put themselves in harms way in support of their patriotic beliefs.

The Women's Armed Services Integration Act (Public Law 625) gave American women the right to serve on active duty, but thousands of women prior to the Act, paved the way through their prowess and tenacity.



Editor's note: The factual information in this story was gleaned from several women's history websites.

NOW TELL US WHAT YOU THINK

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Moving the Corps: Traffic Management Office serves Marines, family members, commands

By Cpl. W.A. Napper Jr.

CPAO, MCAS Miramar

Three separate shops, each with its own specific mission make up the Traffic Magement Office. The fewer than 30-Marine shop often goes the extra mile to help personnel arriving and leaving here.

Two of the three offices are located in the Joint Reception Center, building 2258.

One shop is the TMO personal property division. Marines here help personnel completing Permanent Change of Station orders, local moves in to or out of government housing and provide special storage for the Unit Deployment Program. Group or individual counseling is also provided for both government and Do-It-Yourself moves.

The other section in the JRC is the passenger section. Traffic Management Office Marines here provide full-passenger service for Marines who have PCS or Temporary Additional Duty orders. They can store Privately Owned Vehicles in a parking lot capable of storing 371 vehicles and 10 motorcycles at once. Aside from obtaining official transportation, passenger

section Marines are responsible for monitoring the commercial ticket office contract and port call preparations for all travelers ordered outside the Continental United States. They also process requests for official passports.

“What I like best is getting to interact with people,” said Cpl. Sarah Johnson, TMO passenger specialist, and Craigmont, Idaho native. “I like getting people where they need to go as quickly and efficiently as possible.”

The final section of TMO is the freight section located in building 7209. Marines here provide full freight services for prepared, preserved and packaged pieces of cargo. They are responsible for certifying hazardous materials, inspecting all loads from commercial trucks, sorting the deliveries and ensuring they get delivered to their end destinations.

“We unload trucks of gear from different units,” said Cpl. Kara Powell, TMO traffic specialist, and native of Clearwater, Fla. “It comes to us and we scan and distribute it. We also ship equipment for deployments.”

For approximately seven weeks, TMO Marines learn the basics of their job at Fort

Eustas, Va. In this joint-service environment, they study entitlements and the Joint Federal Travel Regulations, among other things. After their school they go straight to their first command for on-the-job training.

“I love this job,” said Sgt. Danielle

Oakley, TMO passenger specialist, and Robinson, Ill., native. “I’m able to explore new paths, procedures and approaches in dealing with the transportation field. I really enjoy customer service and doing the best I can to meet a Marine’s transportation needs smoothly.”



Lance Cpl. Angel Jimenez, TMO freight receiving handler, sorts boxes inside the shipping warehouse. After all parcels are sorted they are scanned into the computer system and then sent to their final destination. Photo by Cpl. W.A. Napper Jr.

Maintenance Bn. Marines restore vintage scout car

By Cpl. W.A. Napper Jr.

CPAO, MCAS Miramar

In the late 1930s and early 1940s the White Motor Company developed a vehicle for the American military forces for reconnaissance and mechanized operations use.

Initially, the 1st and 2nd Marine Divisions used the vehicle, which was known as the M3A1 scout car, and sported quarter-inch-think armor.

Marines here with the 1st Maintenance Battalion, Intermediate Maintenance Detachment are in the process of restoring a rusty heap of metal which used to be a White Motor Company M3A1 scout car. According to Chief Warrant Officer 3 James A. Varner, 1st Maint. Bn., IMA Det., maintenance officer, the scout car he and his Marines are working on was manufactured in 1944 and used by the Army.

Eventually the vehicle ended up in Haiti and was last used by the Haitian government in the 1960s.

Colonel Joseph N. Mueller, Marine Corps Base Camp Pendleton Western Division Matches executive officer, found the vehicle in October 1994 at the Haitian National Military Academy Camp D’Application, Port Au Prince,

Republic of Haiti.

He acquired it and brought it back to the United States. Now IMA Detachment Marines spend their free time taking the vehicle apart, cleaning the pieces, repairing them if possible and putting them back together.

When the IMA Detachment Marines first saw the vehicle, it was rusted out, broken and not running. Now it’s rust free and olive green once again.

Although the engine still doesn’t run, Varner and his crew are working on it. More often than not however, the Marines aren’t able to work on it even when they have the time.

Varner said his Marines aren’t using any Marine Corps funds for the project and what little money they do have comes from the 1st Marine Division Motor Transportation Museum at Camp Pendleton.

“We have a phenomenal museum up there,” said Varner. “Because of the lack of funds we inspect the parts and repair as necessary. It’s refreshing to work on a vehicle like this – it’s so simple and functional.”

Varner said when they are finished repairing the vehicle, its final resting place will be the museum. Then everyone will be able to witness the unique car.

“Our goal is to get it running so we can put it in the

Fourth of July parade in Coronado,” said Varner. “We’re really excited to just get it running.”

Corporal Brandon Meyer, 1st Maint. Bn., IMA Det., motor transportation quality control, agreed with Varner about the joys of working on the vehicle.

“It’s not the same thing every day,” said the 22-year-old Clayton, Utah native. “I think this vehicle is sturdier than today’s. It’s a good design – it still works.”

Corporal Brad Nuce, 1st Maint. Bn., IMA Det., mechanic, didn’t think the scout car could be repaired when he first saw it. The car was a shambles – it was rusted, broken and looked impossible to fix.

“When I first saw it I never thought we’d restore it to what it is today,” said the 23-year-old Morgantown, W.Va., native. “It was nothing more than a big pile of rust, but it’s true colors came out, and the project became a lot more fun.”

Although the vehicle was originally in the Army’s inventory, Varner said that he will keep the Marine Corps’ tradition of fixing what the other branches of service break.

However, when she rolls down the streets in the Coronado’s Fourth of July parade she’ll be lean, mean, and painted Marine Corps green.



Cpl. Brandon Meyer, 1st Maint. Bn., IMA Detachment motor transportation quality control, puts the window shield down on a White M3A1 scout car. The shield is made of quarter-inch-thick steel and protects the driver and passenger from enemy rounds. Photo by Cpl. W.A. Napper Jr.

Ad Space

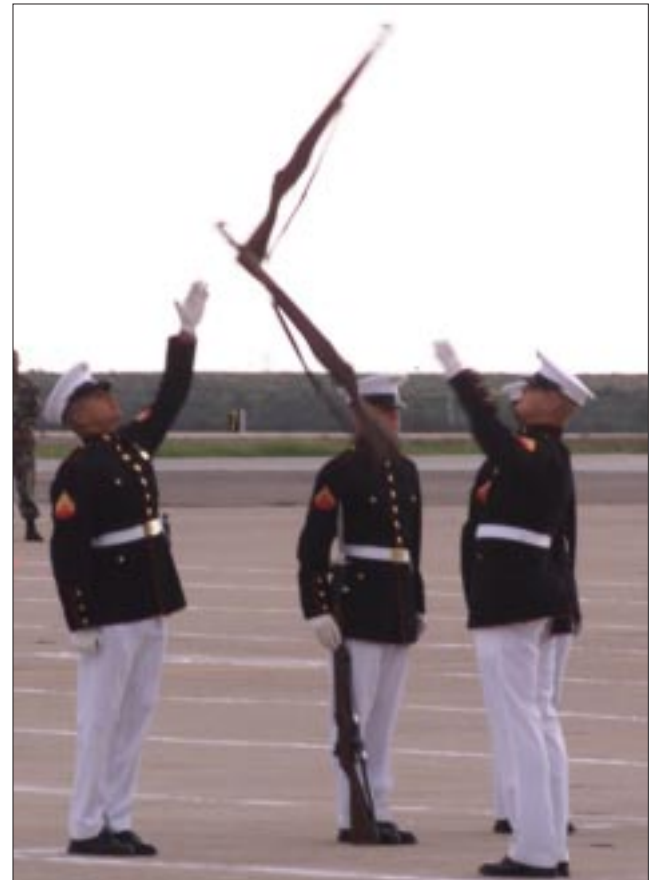


Battle Colors Ceremony dazzles Miramar

Marching and executing commands without a word, the Silent Drill Platoon shows why it is unlike any other unit in the world. *Photo by Cpl. C.A. Eriksen*



Marching to the beat of a different drum, the U.S. Marine Drum and Bugle Corps prepares to take to the field lead by Drum Major of the Marine Corps, Gunnery Sgt. Mark S. Miller. *Photo by Cpl. C.A. Eriksen*



With a display of spectacular skill and precision, the rifle inspector's inspection of the Silent Drill Platoon's rifles highlights the performance. *Photo by Cpl. C.A. Eriksen*



The Battle Colors are presented by color guard Lance Cpl. Timothy M. Keough, color sergeant Sgt. Blake L. Richardson, battle streamer bearer Cpl. Gerardo A. Guajardo, and color guard Lance Cpl. Gregory A. Serwo, at the U.S. Marine Corps Battle Color Ceremony. *Photo by Cpl. C.A. Eriksen*



The Drum and Bugle Corps and the Silent Drill Platoon are lead by Capt. Justin S. Dunne, commanding officer and Lance Cpl. Andrew M. Mullen, guidon bearer, in the pass and review. *Photo by Cpl. C.A. Eriksen*

ATC Marine honored for individual excellence

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

The powerful engines of two F/A-18's roar as the pilots anxiously await take-off. Meanwhile, a maintenance truck slowly rumbles across the runway, a local television helicopter flies low over the nearby highway and a KC-130 approaches for a landing. All this action is in addition to a flurry of other aircraft traffic and ground transportation, all needing assistance and direction.

In a tower overlooking the airfield stands Cpl. Reggie T. Urell, 25, a Miramar air traffic control tower/radar supervisor, directing a symphony of activities that ensures the safe and fast arrival, departure and flight of all these aircraft on, over and near the air station.

While on duty, Urell is personally responsible for the aircraft and crew of many planes each day. High-stress is an accurate description of the everyday work life of Urell, according to Master Sgt. Reginald Mosley, the ATC noncommissioned officer in charge, however this is an environment that Urell not only accepts, but also thrives on.

For his achievements, the Cedar Rapids, Iowa native was recently named the Miramar Air Traffic Controller of the Year for 2000.

He won the annual award after he was nominated for and won ATC controller of the quarter. Urell then beat out the three other quarterly winners to ultimately be named the controller of the year.

Urell began his Marine Corps career at Marine Corps Recruit Depot, San Diego. He joined the Corps open contract and was happy to be given ATC as a job. He has excelled in it since graduating from the six-week ATC school in Pensacola, Fla.

At the school, Marines learn and are tested on only the basics of ATC. The real stress begins once they arrive at their first duty station because the majority is learned on-the-job while directing aircraft.

Once arriving at Miramar, new Marines have a two-week indoctrination where they learn the specifics about the Miramar runways, such as runway lengths, the width of the taxiways and what each taxiway is called. After the indoctrination period, the Marines then begin their training in either radar or tower, depending on the needs of the Miramar shop when they arrive.

If they go to radar, there are four positions to become qualified on while in tower there is six additional positions. Once they qualify, however, they don't immediately go to the next level because they begin to train others in that same



Cpl. Reggie T. Urell scans the Miramar runway from the ATC tower. Photo by Sgt. Troy M. Ruby

position.

"So not only do you have to continue to train to get qualified, you have to turn around and train your replacements," said Urell.

The cycle continues as the Marines train and teach as they climb the ladder of qualification.

The ultimate goal for the Marines is to become qualified in every position. However, out of 80 people currently assigned to ATC, only three are qualified in every position. Urell is included in these three.

Complete qualification is quite an achievement for any Marine to accomplish, said Mosley, even more so for Urell who accomplished it during the first term of his contract.

"There's not a job in tower/radar that he cannot do, which is a phenomenal thing as he (was) a first term Marine," said Mosley. "Very few controllers that come through a facility like Miramar and accomplish that and we're talking about careerists. That's a substantial accomplishment."

Stress is definitely part of the job description, but without it, said Urell, it wouldn't be ATC.

"You look out there sometimes and there's so many planes that you're just

like, 'Wow, I cannot talk to one more plane,' and then you look up at the screen and here comes another one," said Urell.

Joining the Corps has been a great experience, said Urell. He is about four classes away from achieving his bachelor's degree in aviation management from Illinois University and plans on staying in the Corps at least until he gets his master's.

"I appreciate what the Marine Corps has done for me. It gave me discipline and honor. I learned to respect myself and to set goals and work non-stop to achieve them," said Urell. "I'm not perfect and I do have issues in life, but I can deal with them and the Marine Corps has given me the tools to do that."

Urell recently re-enlisted and now has orders to Okinawa, Japan. Although they don't want to lose him, it's a great thing for Okinawa and the Marine Corps, said Mosley.

"It's going to be a substantial loss ... and he will definitely be missed, but the overall big picture is somebody with his type of talent will excel wherever he is," said Mosley.

In addition to his winning the Controller of the Year award, Urell was also awarded the Navy Achievement Medal for his accomplishments as a controller.



Sgt. Philip H. Cronin and Cpl. Reggie T. Urell review the ATC facilities manual. It contains the general information about Miramar's runway such as runway lengths and widths. Photo by Sgt. Troy M. Ruby

Ad Space

The Noble Warrior: Rescue at Hill 845

Continued from last week's Flight Jacket...

By Lt. Col. Gregory J. Johnson

USMC, (Ret.)

With the situation assessed, Cummings ordered the casualty lifted into the Cobra. Strapping the semiconscious Marine into his rear cockpit seat, Cummings fastened the canopy shut. As “mud Marines” looked on curiously,

Cummings climbed atop the starboard stub wing rocket pod. Straddling the pod and facing aft, Cummings banged his fist on the wing to get Henry’s attention before giving him a thumbs up. With a grim smile, Henry nodded and took off. The cloud base, by now, was less than 100 feet above the outpost.

As the Cobra lifted away, the radio airways snapped to life as radio operators

in the vicinity broadcast descriptions of the incredible scene they were witnessing. Atop the rocket pod, Cummings flashed a “V” for victory to those remaining in the zone as the Cobra vanished dramatically into the blanket overcast. It was the ultimate stage exit. Marines on the ground stood and cheered. Morale soared.

Leveling off in a cloud mass at 4,000 feet, Henry accelerated the Cobra to 100 knots in order to improve maneuverability. Once stabilized, he glanced over his shoulder to check on the outrider. Cummings flashed him back a sheepish grin. Biting rain, extreme cold at altitude, and the deafening shrill and shuffle-vibration of engines and rotors all mixed to fill his senses. He could hold on only by squeezing his thighs tightly against the rocket pod wing mount. To exacerbate matters, the wind grabbed at the back of Cummings’ helmet, flexing it forward, thereby causing the chin strap to choke him. And all the while howling winds taunted him. But at their loudest, Cummings merely glanced at the wounded Marine, and howled back.

Herbert, still orbiting on patrol in his Bronco, began his return to home base as fuel began to run low. En route, he happened to catch a chance glimpse of the Cobra darting in and out of the clouds in its tenuous race against time. Zooming down for a closer look he was unprepared for the spectacle of Cummings, hanging outside the aircraft, and the bleeding, semiconscious Marine within. In mild disbelief, the Bronco pilot pulled up wide abeam the Cobra, gave a thumbs up and departed. “What a crazy war!” Herbert quipped to his observer while still shaking his head in disbelief. But in his heart, he knew this was the way of the warriors!

After the 25-minute flight through turbulent weather, the gunship descended through the clouds and broke into relatively clear sky at 1,200 feet over a land navigation point called Spider Lake. The Cobra now headed towards a medical facility. Thoroughly exhausted from the strain of the mission, Henry was having trouble discerning the exact location of the medical site when he sensed a series of thumps coming from the starboard wing. Glancing to his right he saw Cummings, much like a prize-winning bird dog, with locked pointed finger directing his attention to their destination below.

After landing, the wounded Marine was whisked into a medical triage for stabilization while Navy Corpsmen, who thought they had seen everything, helped Cummings “defrost” himself off the rocket pod. A short time later, a CH-46 Sea Knight arrived to fly the wounded Marine to Marble Mountain for emergency surgery. Sprinting along through the sky as combat escort with the Sea Knight, to the more sophisticated “in-country” medical facility, were Cummings and Henry. The two, weary from fatigue, were nevertheless vested in their interest to culminate the safe arrival of the wounded Marine. (The young Marine survived, married, and was last known to be living in Texas.)

Despite the long day and fatiguing limits they had endured, Henry continued the training portion of Cummings’ check

ride on the way back to home base. Oddly enough, among senior aviators “in-country,” there was talk of censure and a court-martial for the outrider affair. The act had overtones, in their opinion, of grandstanding regardless of the fact that the young Marine would have died had he not received medical attention as soon as he did. However, when Henry and Cummings were both personally invited by the Commanding General of the First Marine Division to dine as special guests in his quarters, the issue of court-martial was moot and dead on arrival. For their actions, Henry and Cummings were each awarded the Distinguished Flying Cross. Years later when asked about the dinning experience with the Commanding General, both pilots readily admit they thought they had a great time. Libations, it appears, were liberally dispensed. And it was reported to the two aviators that they were both transported horizontally into their hooches and gently tucked in their racks by the grunts!

Epilogue

When Dave Cummings died unexpectedly in 1988, there were the normal expressions of loss, especially for one so young. But none who first attended his lifeless body, and only a few who were present at his hometown funeral, fully realized the magnitude of his life or the legacy he had left with the Corps.

A native of Woburn, Mass., Cummings enlisted in the Marine Corps during September of 1966. Upon completion of recruit training, he attended Officer Candidate School and The Basic School at Quantico, Va. Cummings served several months as an infantry platoon leader with the Second Battalion, First Marine Division in Vietnam. After being seriously wounded in a firefight with Viet Cong forces, he was evacuated to the States. Cummings had always wanted to fly so it was a thrill, following recuperation, when he was selected for flight training. Earning his “Wings of Gold,” Dave Cummings returned to Vietnam during September 1969 to start his combat flying career.

Nineteen years later, Lt. Col. Dave Cummings, en route to attend a special military course in Albany, Ga., stopped in Atlanta for the night. After a routine workout, he returned to his hotel room where he suffered an apparent heart attack and died. He was 42.

Although Dave Cummings’ life spanned a relatively short period of time, he managed to walk a worthy journey. Among his personal military awards were four Distinguished Flying Crosses, four single mission Air Medals, the Bronze Star with combat “V”, and a Purple Heart.

In this day and age when the term hero is used so loosely, it is comforting that I can say I actually have known some true ones in my lifetime. Dave Cummings was a man who set the example. He was a guy who displayed courage that all of us who knew him hoped we could muster if the call came. Dave Cummings was a special piece of the Corps’ past, a large measure of its tradition, and maybe, more importantly, a sizeable chunk of its soul. He will not be easily forgotten.

Semper Fi, Dave.



The hero, 1st Lt. David Cummings, poses with a Cobra helicopter.

Photo courtesy of Lt. Col. Gregory J. Johnson

Ad Space

All-Marine wrestlers take Armed Forces championship

Compiled by Sgt. A.C. Strong from stories by Army Sgt. Kap Kim

Public Affairs, III Corps and Fort Hood

FORT HOOD, Texas — Marine Corps 1st Lt. David Workman pinned Army Spc. Patrick Schuster 33 seconds into the last match of the day, giving the Marine Corps team the close-margin victory over the Army during the Armed Forces Wrestling Championships Freestyle event at Fort Hood, Texas March 11.

The Marine Corps team's Freestyle win Sunday, along with their Greco-Roman win Saturday, gave them the overall win for Armed Forces Championships. Their win was the first time in 11 years that any service other than Army had won. Army had the distinction of owning the Armed Forces Wrestling Championship tournament since 1989.

"It was due," said All-Marine Wrestling Coach, Capt. Jay Antonelli about their overall tournament victory. "We worked very hard for this. What can I say ... they came up to the plate and delivered ... I'm so proud of them."

In the first day of the competition, Marine Corps Master Sgt. Greg Gibson, of Quantico, Va., beat Army Pfc. Paul Devlin, of Fort Carson, Colo., 2-1 in the 130 Kg class, to give the Marines the win.

Heading into the last dual, last match of the day between Gibson and Devlin, the two services were tied 4-4. The Corps was up by a mere four points. Both fought tough, but Gibson's power proved to be too much.

"Up until the last match, we thought we could have it," said Army Staff Sgt. Shon

Lewis, the All-Army Wrestling coach. "We were counting on our heavyweight to win it for us, but he just ran out of gas."

According to the All-Marine Wrestling coach, Antonelli, Gibson's victory was simply "amazing."

Heading into the last match up between the Heavyweights, a win by points could not have done it — since the Army was leading in that category.

Workman, an All-Marine rookie from Camp Lejeune, N.C., did the only thing he could do to give the Marines the overall championship win and to end Army's streak. "I looked up at the score, and I knew when I went up there, I had to pin him," Workman said. "I knew it was coming down to me ... I needed the pin; I was looking for it."

With that, Workman made quick work of Schuster, from Fort Campbell, Ky. Within seconds, Workman had Schuster on the mat.

The loss left Army wrestlers stunned. But the Army offered no excuses. All-Army head coach, Lewis congratulated the Marine Corps on their success.

Lewis said his team allowed the Marines to earn too many points on his guys, but even then might have won if not for the pin.

"We just didn't need a fall," Lewis said shaking his head. "It hurts a little. I'm very proud of my guys though ... (Next year) They'll come back smarter ... hungrier."

In the last match-up of the day, the Army lost the first three matches against the Marine Corps. Marine Corps Sgt. Andrell Durden, of Camp Lejeune, N.C., beat Spc. Anthony Gibbons, of Fort Hood, during the 54 Kg class match, 11-4. Marine Corps Sgt. Duaine Martin, of Iwakuni, Japan, pinned



Army Pfc. Oscar Wood, Fort Carson, Colo., tries to flip Air Force Staff Sgt. Steven Woods, Luke Air Force Base, Ariz., during a 69 Kg match. Photo by Army Sgt. Kap Kim

Army Pfc. Lucas Spencer, from Fort Carson, Colo. in under a minute during the 58 Kg class. Marine Corps Sgt. James Shillow, of Camp Lejeune, N.C., just managed to beat Army Pfc. Jason Kutz, from Fort Carson, Colo., in the 63 Kg class, 2-1.

Then, what could've been the toughest match of the day was fought between the 69 Kg weight class of Marine Corps Sgt. Brian VanHoven, from Quantico, Va., and Army Pfc. Oscar Wood, from Fort Carson, Colo. Their match not only woke up the fans, but brought everyone to their feet. VanHoven had a cut on his left eyebrow that had to be taped a couple of times throughout the match-up. Then, Wood received a blow to the chin that sent blood flying across the mat. The two were tied at 5-5 heading into the last minute of the match. It would be that score heading into overtime.

VanHoven would send Wood outside the circle a few times, but no score was awarded. Then, with a sudden burst of energy, Wood slammed VanHoven into the mat earning him three points and the win.

Wood's victory got an Army-heavy crowd jumping up off the bleachers, and more importantly, it changed the momentum of the Army wrestlers.

After Wood's victory, Spc. Charles Daniels, from Fort Rucker, Ala., came in and dominated Marine Corps Cpl. Joseph Clark II, in the 76 Kg match, 13-3.

Then, Spc. Markese Nelson, Fort Campbell, Ky., beat 2nd Lt. Justin Woodruff, U.S. Naval Academy, Md., during the 85 Kg match, 5-2.

When Army Sgt. Dominique Black, from Fort Carson, Colo., came to the mat, anyone would have bet on the Army and would have won. Black, ranked second in the nation, pinned Marine Sgt. Tipton Peterson, of Twentynine Palms, Calif., in a mere 32 seconds. At that point, Army had the Marines beat 16-13 in total team points. With that close a margin, it came down to one thing for the Marines to win ... the pin.

In Freestyle individuals, Senior Airman Jeff Cervone, of Peterson Air Force Base, Colo., won his second gold medal of the Armed Forces Championships in the 54 Kg weight class. Marine Corps Sgt. Duaine Martin, of Iwakuni, Japan, also won his second gold medal for the tournament in the 58 Kg class. In the 63 Kg class, Marine Corps Sgt. James Shillow, of Camp Lejeune, N.C., took home his second gold of the tournament. Army Pfc. Oscar Wood, of Fort Carson, won his first gold medal in the 69 Kg class. Spc. Charles Daniels, from Fort Rucker, Ala., won gold for the 76 Kg. Spc. Markese Nelson, from Fort Campbell, Ky., picked up a gold for the 85 Kg class. Sgt. Dominique Black, from Fort Carson, Colo. won his second gold medal for the tournament in the 97 Kg class. Senior Airman Corey Farkas, of the U.S. Air Force Academy, Colo., won his second gold for the tournament for the Heavyweight class (130 Kg).

The gold-medal winners from the Armed Forces Championships will go on to compete in the National Championships in April and the Conseil International du Sport Militaire, October 2001.



Army Sgt. Dominique Black, Fort Carson, Colo., tries to get a better grip on Sgt. Tipton Peterson, Twentynine Palms, during a 97 Kg Greco match. Photo by Army Sgt. Kap Kim

Ad Space



End of an era

Colonel Harry C. Spies addresses the audience at his retirement ceremony. Spies retires from the Corps after more than 26 years of service, following the March 9, 3d Marine Aircraft Wing Color Guard Ceremony. Retiring from the position of 3d MAW Operations Officer, the colonel has served in various aviation and infantry operational and staff positions, including Special Assistant for United States Marine Corps Issues to Assistant Secretary of Defense for Strategy and Threat

Reduction and the G-3 Future Operations Officer for 3d MAW during Operations Desert Shield and Storm. He was designated a Naval Flight Officer in 1975 after graduating from the U.S. Naval Academy, Annapolis, Md. His personal awards include the Defense Superior Service Medal, the Legion of Merit, the Meritorious Service Medal with two Gold Stars, the Single Mission Air Medal with Combat "V", and the Navy Achievement Medal.
Photo by Sgt. A.C. Strong

NCO Symposium 2001

Are you a noncommissioned officer who wants to be more than just a casual observer? Want to make a difference in our Corps?

The NCO Symposium, April 22-25, seeks motivated NCOs to travel to Headquarters Marine Corps for a discussion group with other NCOs from around the Corps and the Sergeant Major of the Marine Corps. Nominations should be routed through your unit sergeant major prior to March 20.

Volunteers needed for field day

Angier Elementary School needs volunteers for their Field Day May 23, from 7:45 to 11:45 a.m.

Transportation will be provided for volunteers.

For more information or to sign-up contact Cpl. Patterson at 577-8036 or via email at pattersonm@miramar.usmc.mil.

St. Paddy's Day at O'Club

The Miramar Officers' Spouses' Club and the Miramar Officers' Club invite members, officers and family members to a special St. Patrick's Day Happy Hour and Auction. Enjoy Irish music by "Healstone," and bid on great gift baskets including bed and breakfast in Julian; a humidor full of cigars; an Irish-themed basket; a ladies' luxury basket and Disney tickets for two. It's 4:30 to 7:30 p.m., tonight.

Be sure to wear the green and bring your friends. Call 577-4808 to make reservations.

Women's softball seeks coach

Do you have what it takes to lead the Varsity Women's softball team to victory? This may be your chance. But you'd better make it quick – The season starts in April.

Interested persons should contact Lisa Keller at 577-1202 for more information.

Free movies from MCCS

Today
Erin Brokovich (R) 6:30 p.m.
Gladiator (R) 8:30 p.m.

Saturday
102 Dalmations (G) 2 p.m.
Save the Last Dance (PG-13) 8:30 p.m.

Sunday
102 Dalmations (G) 1 p.m.
Sugar and Spice (PG-13) 6:30 p.m.

Wednesday
Valentine (R) 6:30 p.m.

Thursday
The Emperor's New Groove (G) 2 p.m.
Gladiator (R) 6:30 p.m.

The station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for everyone. For movie synopses see the current theater flyer or call 577-4143.

Varsity Men's softball tryouts

Varsity Men's softball will be holding a tryout meeting Wednesday. Everyone interested in being part of the team should plan to attend the meeting at Mills Park at 11:30 a.m.

Tackle football tryouts

Tryouts for Miramar's tackle football team will be held at Mills Park.

Times are Monday and Wednesday mornings, 6 to 7:15 a.m. and Tuesdays and Thursdays from 11 a.m. to 12:30 p.m.

For more information, contact Lisa Keller at 577-1202.

Battle of the DJs

It's that time again! Find out who's the Best DJ on the Base on Saturday, between 8 p.m. and midnight. There's a \$5 cover. The first place winner gets \$500! Call 577-7968 for more information.

Online chess tournament

An online military chess tournament will be held tomorrow at <http://www.zone.com>. It is an invite-only tournament. Players must email marinechess@yahoo.com to register giving their name (last, first, middle initial), rank (enlisted, warrant or officer), military branch, duty station, and U.S. Chess Federation rating.

Contact Master Sgt. Dwaine Roberts at 577-6648 for local club and tournament information.

Circus Chimera Opens Monday

The circus is coming to MCAS Miramar. Circus Chimera is a magical circus featuring all human performers. This is a one ring, Cirque du Soleil, Euro-style circus. Enjoy high wire and balancing acts set to multimedia special effects, F/X lighting, unforgettable music and more. The Big Top Circus tent will go up on the corner of Elrod and Moore Avenues, just south of the Commissary parking lot. Enjoy four great shows! The fun begins with one show on Monday, March 19 and continues with two shows on Tuesday.

Look for flyers and posters about MCAS Miramar regarding details for ticket sales and show times. Don't clown around. Make plans to join the fun.

Family Fun Run kicks off April activities

April is Child Abuse Prevention month and Month of the Military Child.

The Family Fun Run kicks off the Spring Carnival highlighting Child Abuse Prevention and awareness, April 7 at 9:30 a.m.

The course is one and a half miles with prizes awarded to all who complete the course.

Military families are encouraged to participate and make this an opportunity for some family fun time. For more information call 577-6711.

Spring Carnival 2001

The annual Spring Carnival will be held on Saturday, April 7 from 10 a.m. – 2 p.m. at the Youth Sports Complex. This FREE event includes children's rides, games, food, entertainment and photos with the Easter Bunny for ages 2-12 years.

Donations of non-perishable food items during the event automatically enter you in a drawing for great prizes at approximately 1:45 p.m. For more information call 577-6365.

Got a Hot Car?

Enter your car in the Miramar Armed Forces Day Car Show, Saturday, May 19. Entry fee is \$15, which includes a car show T-shirt and auto dash plaque for the first 100 entries. Sign up at the Auto Hobby Shop, Bldg. 6673 (across from the Main Auto Port Service Station).

Call Mike Young at 577-1215 for more information.

All-Marine Skeet team seeks competitors

MCCS will select a five-person, all-Marine team to compete in the Armed Forces Skeet Championship in Phoenix May 10-19.

Interested Marines must submit resumes containing command endorsement and must be National Skeet Shooting Association members.

For more information call (703) 784-9542.

Freebies of the Week

These are the drawings for Freebies for the month of March 2001. You need to enter at the facility to win.

March 19 - 23: Win one of four pairs of tickets to Reuben H. Fleet Science Center. Register at the Sandtrap, Bldg. 3485.

March 26 - April 2: Enter at The Great Escape, Bldg. 5509, to win one of 10 pairs of tickets to Edwards Theaters.

Family Advocacy Day 2001

Naval Medical Center San Diego emergency department sponsors Family Advocacy Day 2001. The festivities take place in the NMCSO courtyard Thursday 10 a.m. to 2 p.m.

For more information call Lt. LaRosa at (619) 532-8274.

Correction

A story written for the March 2 edition of the Flight Jacket misidentified the squadrons that make up the composite squadron preparing for deployment with the 15th Marine Expeditionary Unit.

Marine Heavy Helicopter Squadron 465 "Warhorses" and Marine Light Attack Helicopter Squadron 169 "Vipers" will be part of the composite squadron.

Marine Heavy Helicopter Squadron 464 and Marine Light Attack Helicopter Squadron 369 will not.

Ad Space

LINKS,
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to the Marine Corps, its history, lifestyle and available resources.

The program is presented in a casual session setting and everything, including childcare and refreshments, is at no cost to attendees. All Marine Corps spouses are invited and encouraged to attend.

The next session is scheduled for April 17 – 19, from 6:30 to 9:30 p.m.

For more information or to register, please call the L.I.N.K.S. office at 577-4810.

Violence,
continued from page 3

tary careers. It prohibits anyone convicted of domestic violence from bearing a firearm.

Military spouses, the panel found, are usually unaware of the DoD Transitional Compensation Program, which provides financial and other support for victims. Many victims fail to report abuse because they fear damaging their military spouses' careers and losing the family's income and housing.

The domestic violence report is posted on the DoD Domestic Violence Task Force Web site at www.dtic.mil/domesticviolence/index.htm.

Supplements,
continued from page 1
contained within the package. By reading this label, an individual can determine exactly what the fat content is per serving and per package.

"People often ask whether weight training or cardiovascular exercise is better for burning fat. I tell them to alternate between the two for maximum benefit," said Carlson.

The quest to lose weight often leads people down the "fad" diet road. It is important for those people to realize that "fad" diets are a quick fix with no long-standing benefits. In order to burn the fat off and keep it off, it is necessary for people to commit to a lifestyle change. That means exercising regularly, eating well, and resting properly, said Carlson.

The second brief "Supplements: Buyer Beware," was given by Navy Lt. Richard V. Folga, Aeromedical Safety Officer, Marine Aircraft Group 16. It dispelled the common myths surrounding dietary supplements.

"Supplements are an issue, because most users are unaware that there are no guarantees about what you are getting," said Folga.

In 1990, the supplement industry was making \$3.3 billion. In 1996, that number

had grown to \$6.5 billion. Today the industry is pulling in over \$16 billion, according to Folga.

With that type of income, the supplement industry can afford the advertising to promote heightened interest in their products. Producing ads that will cause these products to sell is the industry's only concern, according to the brief.

The Food and Drug Administration does not research or investigate dietary supplements prior to their sale. The supplements are not routinely tested for purity or safety, and most of the time, there is no medical research to back the claims of safety made by the product's manufacturer, said Folga.

More importantly, no aircrew members are permitted to use supplements. According to current instruction, "any chemical when taken in the body causes a physiologic response," it's a drug. Aircrew members are not allowed to self-medicate; so dietary supplements are off limits because they cause a physiologic response, said Folga.

"Any aircrew members taking supplements should consult with their flight surgeons to determine if there is any question as to the safety of the aircrew and potential effects on their performance," said Folga.

121 Home,
continued from page 2

deployment. Families like Sgt. Victor R. Chase's, wife Heather and 4-year-old daughter Kaylan endured his fourth deployment. The homecoming was especially sweet according to Heather as she celebrated her birthday with the return of her husband on March 9.

The Green Knights deployed to Iwakuni, Japan in support of the Unit Deployment Program. From Japan they visited various countries in South East Asia including Thailand and Guam, to support 31st Marine Expeditionary Unit (Special Operations Capable) missions. They also took part in Exercise Foal Eagle in Korea and Operation Sudden Thunder in Iwakuni. The Marines of VMFA (AW)-121 agreed Guam was the best part of the deployment because of the warm tropical atmosphere; however, nothing compared to coming home.

History,
continued from page 2
NCO (noncommissioned officer) and have everybody like you."

Further information about the WMA is available online at: www.womenmarines.org.

Classified Space